

# **BIBLIOGRAPHICAL IDENTIFICATION**

**Title of Bachelor work:** The amount of physical activity within a week's routine of football players at grade level

**Place of work:** UK FTVS

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**Field of study:** Physical education and sport

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## **Abstract**

**Aims:** The main aim of the thesis was the analysis of the amount of one week's physical activity (PA) of boys at adolescent age within regularly exercised PA.

**Methods:** One week's routine PA was monitored by methodology which is based on measurement of the energy output, amount of steps and hops, and load intensity by ActiGraph GT3X accelerometer.

**Conclusions:** The research showed that average daily amount of steps within selected group of young people was 9284. Furthermore, the research showed that the average energy output was significantly lower, i.e. 30% lower than the specified health limits. At the same time, the recommended values of PA of middle and higher intensity were surpassed. At the last part of the thesis, the results were compared with the health recommendations for particular age category and the specified hypotheses were then verified.

**Key words:** Physical activity, adolescent, accelerometer, ActiGraph, football